

## The Brink Method.

Named after Dr. O. Dean Brink. First mass method of teaching swimming to reach popularity.

The steps in the Brink method:-

1. The Hungry Duck - putting face in water and looking to see how many fingers are held out by the instructor. The instructor says:- "Every time a duck gets hungry, she has to put her face under water to look for food. If she can see under water we can. I will look and tell you what I see. Open your eyes after your face is under. Don't hurry about it; hold your breath, take your time, look at your fingers." (Demonstration by instructor) "Now, every one try it."
2. Motorboat Breathing - air is through mouth (the carburetor) and out "the nose (the exhaust)"  
"A motorboat is a very efficient breather because it takes the air in through one valve, the carburetor, and lets it out under water through the exhaust pipe. Now I will take a good deep breath thro' my mouth, close it, and put my face under, and let the air out thro' the nose. (Dem)"
3. Jellyfish float - grasp ankles and hold until the sack floats out of water.



"Now that we have found the face and eyes will not shrink from washing we can bob around like a school of jellyfish. Squat down in the water, let your hands slide down between your knees, until they reach your ankles. Pick up one ankle in each hand, put your face under water, and tip over forward." (Demonstration)

4. Turtle - fall forward with arms & legs spread.

Did you ever see a turtle floating about, warming his back in his sun? By stretching the arms forward, lowering the chin to the chest, and falling forward, we can imitate the turtle. Like this." (Dem.)

5. Sleigh Ride - glide on stomach with hands overhead.

Did you know that you can take a sleigh ride over the water just as though it were ice? The runners of our sleigh are our hands, arms stretched out before us. We put our faces under, and, pushing off from the bottom with our feet, slide over the water like this." (Dem.) "Now, let us all imitate sleighs."

6. Steamboat - flutter kicks on front.

"Now that we can coast, we can go a step forward further and imitate a sternwheel steamboat, paddling our



legs up & down, keeping the knees straight, and splashing the water lightly with the feet. Remember that we are thrifty people - We do not throw away our sleighs even when we play steamboat, but keep the runners ahead of us & attach the stern paddlers to the rear of the sleigh. (Demonstration.)

7. Windmill - elementary crawl arm stroke  
Now, standing up. Let your arms revolve like the arms of a windmill: right arm reaching straight ahead, left arm at thigh. Now revolve, keep reaching, one hand at a time. When a big wind blows, the windmill falls down into the water & the arms are revolving so fast that they keep on going down the river. (Dem.)

8. Combination - combining arm stroke & leg kick.  
Let us suppose that the windmill & steamboat collide. We cannot separate them so they must float down the river together, the windmill revolving its arms in front, and the steamboat, paddling along in the rear. They would look like this. (Demonstration.)

Now do you remember the motorboat breathing? Roll as you reach getting your breath into the carburetor (your mouth,) and letting it out through the underwater exhaust. (your nose.)



~~Brink~~ <sup>Seal</sup> Method.

Walk in water moving arms in circles.

Shoulders under water.

Seal kick , (legs bent at knees).  
(feet)

Breathing with<sub>1</sub> on bottom.

Floating on stomach with breathing and kick.

Use arms as practised before.

N.B. (Knees at thigh still. --- Any age level).



## Swimming

### Why We Swim

1. For rec.
2. " safety
3. " relaxation
4. " healthful ex. - physiological } value.  
educational
1. motor skill
2. social
3. attitudes.
5. " idea of corrective ex. -
  - ① hydro gym - utilizing water for therapeutic effect.
  - ② Under-water gym - "snorkel" - Posturing patient & then work muscles.
6. For vocation.

Recreational Values  
Physiological "  
Educational "  
Safety "

Recreational value - ① 7-70 - Individual sport but sociable.

- ② Release from tension.
- ③ Co-educational.

### Physiological Value -

1. Unique form of activity with medium of water supporting body weight.
2. Smooth flowing movements.



### Relaxation Value -

1. Use only muscles you need.
2. Economy of muscle movement.

(Balance between ed. - social [etc.] life.)

Differences in body build influence swimming ability. Wide hips & long legs more stable. Change in body structure is equal to the amount of time spent.

Methods & techniques cannot be separated. Techniques basic and insofar as these conform to structure of body result in physiological effects.



## Overcoming Fear.

Control of breath.  
Opening eyes.  
Learning to float.

Blowing bubbles in hand.

Speed swimming thro' both nose & mouth.

Swimming under water - teach to blow out steadily.

Be sure action comes from diaphragm.

Medium size breath.

Rhythmical breathing.

Keep hands down & try to divert attention by smiling, etc.

Don't blow every thing too soon, before coming to surface.

Expel more air than take in.

Not too fast a rhythm.

## Opening Eyes in Water -

1. Good - if possible.
2. Winking at one another

## Getting feet off Bottom.

1. Start by walking.
2. Faking of relaxation.
  - A. Let lie across knee.
  - B. Arms, etc hang - loose & long.
  - C. Neck - Head should feel like detached balloon.
  - D. Pick up ankle & see that it comes up to hip.
  - E. Telly - feet - best way to relax.
  - F. Teach them to stand in water - ft. pressed on floor - lean up, hands down at side.
3. Then follow face float - easier than back float & teach.
4. How to stand for back float - before giving position.

## Boy Scouts of America Swimming Handbook.

1. Bent fwd. try to touch bottom of pool with hands keeping knees straight. - Works into jilly feet.

2. Learning to stand using rail.

3. " " " moving away



### Slide -

Imp. to know - Apr 2 make beginners tense.  
Horiz position, relaxation & water balance,  
Pneumonia & underwater swimming  
held on heart - <sup>also arms</sup> only 2 advanced sections  
& under control.

### Floats -

Water holding up in variety of positions.

1. face.
2. side.
3. back.
4. vertical.

Side float - extended sideways with 1 hand  
lightly on rail. Bladder arm (extended) back just under  
bar. Chin towards high shoulder.

Back float - helper should stand in front  
& take hold of bathing suit so beginner  
leans to roll forward. Stand - pull knees up &  
push into water. Older people to get up - roll over on  
face & then stand up.

Vertical float - 12' in chest deep water. Bend head  
back & hands & arms up by shoulders & then let down.  
As it becomes easier keep head straight.

### Block float -

Stand in water chest deep - squat on knees -  
ask & take **easy** breath & put head back & keep  
feet down.

### Diving -

Diving dive in shallow water. Soon as fear is  
overcome.

### Swimming -

What want to learn  
Where swimming - ocean, river, etc.  
What stroke  
situation etc.



Natural progression from front crawl is  
flutter kick on back - swimmer has a  
chance to see her legs in action - so is  
rather satisfying.

### Steps in Teaching Crawl -

1. Bracket position - 18" apart - one hand  
directly below other - flutter kick.  
A - action in hip joint - put hand on spot  
as movement takes place.  
B. ~~steps~~ have leg lying limp on water.  
C. Move easily - now power and begin  
working for rhythm.

### Dog Paddle - Goss -

### Elementary - Preparatory Fundamental.

#### Vertical Float

Sculling - wrist together bringing fingers to gether  
, push out Range - Act. from elbow instead of wrist.

#### Elementary Brewing

##### Flutter Kick

C. Back Stroke - frog kick & arms at sh. <sup>Ho. & sculling</sup>  
<sub>preparatory.</sub>

Old women float - Side - el breast stroke - crawl  
to deep water

### In Deep Water -

1. Have at side - hang on to edge go down & try  
to touch bottom with toes.
2. Learn to sink & save oneself. Teach at time  
others sit & watch.
3. Kick - go hole down there & then pull self up  
by holding on to side.
4. Sink - el - hole - let go & then come up.  
This time doing A Sd & up.



3/ Change by reversing direction